

# P.S. I.T.'S. O.K.

## (Public Safety Initiative To Support Our Kind)

### Resource List

#### Code Green Campaign

[www.codegreencampaign.org](http://www.codegreencampaign.org)

Resource site regarding EMS behavioral health issues.

#### National Volunteer Fire Council

Share the Load Program: 1-888-731-FIRE(3473)

This is a 24-hour help line for emergency responders needing assistance.

#### Safe Call Now

Emergency Services Behavioral Health Hotline: 1-206-459-3020

This is a 24-hour help line for emergency responders needing assistance.

#### Substance Abuse and Mental Health Services Administration

Suicide Prevention Lifeline: 1-800-273-TALK (8255)

This is a 24-hour suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

#### Provident Agency First Responder Assistance Program

855-207-1747

This is a 24-hour help line for emergency responders needing assistance.

#### National Suicide Prevention Hotline

1-800-273-8255

This is a 24-hour help line for anyone considering suicide or some who feels someone is considering suicide.

#### Veteran's Crisis Line

Toll Free Number: 1-800-273-8255 or Text: 838255

This is a 24-hour help line can provide veteran-specific referrals for military veterans considering suicide or some who feels a veteran is considering suicide.

#### International Critical Incident Stress Foundation

Team Locator Line: 410-750-9600 (After 5 p.m. call: 410-313-2473)

Pittsburgh/Allegheny County (Southwestern PA) CISM Team: 412-647-CISD (2473)